

Examining School Adjustment among Higher Secondary School Students: A Comprehensive Study

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ABSTRACT

The objective of the current research was to examine the school adjustment of Higher Secondary School students in Bhavnagar City. A random sampling method was employed to select a total sample of 60 adolescents, including 30 boys and 30 girls from the 11th standard. The research tool used for the study was the 'Adjustment Questionnaire' developed by Sinha and Singh. The collected data were analyzed using the T-test for statistical analysis. The findings of the study revealed that there is no significant difference in the adjustment levels between boys and girls attending Higher Secondary School. Therefore, the hypothesis proposed for the study is accepted, indicating that both boys and girls in this age group exhibit similar levels of adjustment.

Keywords: *Adjustment, School students*

School adjustment is a crucial aspect of a student's academic and social development, as it plays a vital role in shaping their overall well-being and success in educational settings. The present research aims to investigate the school adjustment of Higher Secondary School students in Bhavnagar City. Understanding the factors that contribute to students' adjustment is essential in creating a conducive learning environment and promoting their overall academic achievement.

School adjustment refers to the process by which students adapt and cope with the various challenges and demands of the educational environment. It encompasses a wide range of factors, including academic, social, emotional, and behavioral aspects that influence a student's overall well-being and performance in school. Among the different stages of education, the period of higher secondary school is a critical phase in a student's life, as it marks the transition from adolescence to early adulthood.

The adjustment to higher secondary school is a critical phase in a student's life, influencing their academic performance, social relationships, and emotional well-being. By understanding the various dimensions of school adjustment and the factors influencing it, educators, parents, and policymakers can create a supportive and nurturing environment that empowers students to thrive during this transformative stage of their education. Promoting positive school

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Examining School Adjustment among Higher Secondary School Students: A Comprehensive Study

adjustment will not only benefit individual students but also contribute to the overall success and well-being of the entire school community.

Significance of Study:

In the present time many changes are seen in the thoughts of man. Also, the thinking of especially teenage children seems to be different from that of their parents and teachers due to which children have difficulty in adjusting with the environment or situation in which the results of this research will prove useful for teachers in understanding the behavior of students

Aim of Research:

To investigate the concept of School Adjustment among school students

Hypothesis:

There will be no difference in the adjustment of school students

Variable:

- Independent variable: Gender- boys and girls
- Dependent Variable: School Adjustment
- Controlled Variance:
 - Bhavnagar city school students will be selected.
 - Only 14 to 18 year old students of Bhavnagar city will be selected.

Sample

In the current research, a sample of 60 students from schools in Bhavnagar city was selected using a simple random sampling method. The sampling process involved selecting 30 girl students and 30 boy students currently studying in schools within the city. The purpose of this sampling approach was to ensure a representative and unbiased selection of students from the population of interest. By using simple random sampling, each student had an equal chance of being included in the sample, minimizing any potential biases and allowing for generalizations to be made about the larger student population in Bhavnagar city.

This diverse sample of students will be instrumental in investigating various aspects related to school adjustment and understanding potential differences or similarities in adjustment levels between boys and girls. Through the analysis of this carefully selected sample, valuable insights can be gleaned to inform educational practices and interventions that promote positive school experiences and support the academic development of Higher Secondary School students in Bhavnagar city.

Research Design:

The primary objective of the current research was to assess the school adjustment of students using the Adjustment Questionnaire. For this purpose, a sample of 60 students from schools in Bhavnagar city was selected. The questionnaire was administered to these students to collect relevant information about their levels of adjustment in the school environment.

Additionally, the collected data were subjected to statistical analysis using the 'T' test. The 'T' test is a commonly used statistical method to compare the means of two groups and determine if there are any significant differences between them. In this study, the 'T' test was employed

Examining School Adjustment among Higher Secondary School Students: A Comprehensive Study

to analyze the data and examine if there were any significant variations in school adjustment levels between the students.

By conducting this research and employing statistical analysis, the study aimed to provide insights into the school adjustment of students in Bhavnagar city. The findings of the research can contribute to a better understanding of the factors influencing students' adjustment in the school setting and inform strategies to promote positive school experiences and academic success.

Research Tools:

The following tools have been used in the present research to collect the necessary data.

Personal information sheet:

Keeping in view the main objective of the present research, a personal information sheet will be filled by the students of higher secondary school in which things like Name, Age, Date of Birth, Gender etc. will be included.

Adjustment Inventory for School Students:

To study school adjustment in the current research, this questionnaire prepared by Prof. A.K.P. Sinha and Prof. R. P. Singh was used. The global coefficient of adjustment is 0.85. Its accuracy is 0.75. There are two ways to answer 'yes' and 'no'. Here marks are given as '1' for yes and '0' for no. As follows the coefficients are shown according to different fields.

Statistical Techniques :

Statistical techniques have been used in the present research keeping in mind the objectives of statistical analysis of the data obtained. In which 't' test has been used.

ANALYSIS PROCEDURE:

The 't' test technique was used as a statistical technique in the present research.

	N	Mean	SD	df	t	Significant
Boy	30	23.63	583.1	58	-0.58	0.05
Girl	30	24.3	658.3			NS

Significance :- 0.01 = 2.639

Significance :- 0.05 = 1.990

DISCUSSION OF RESULT

Based on the provided information, it appears that there might be a misunderstanding in interpreting the results. Let's clarify the interpretation of the findings based on the data provided: The study aimed to investigate the school adjustment of boys and girls in Bhavnagar city. The mean and standard deviation (SD) values for boys and girls are as follows:

- Mean of boys: 23.63, SD: 558.1
- Mean of girls: 24.3, SD: 658.3

The calculated value of 't' for the given sample is -0.58, and the degrees of freedom (df) are 58. At a significance level of 0.05, the critical or tabulated 't' value for a two-tailed test with 58 degrees of freedom is approximately 1.990.

Examining School Adjustment among Higher Secondary School Students: A Comprehensive Study

Based on the comparison between the calculated 't' value (-0.58) and the critical 't' value (1.990), it can be observed that the calculated 't' value falls within the non-rejection region. In other words, the calculated 't' value does not exceed the critical 't' value, which means that there is no statistically significant difference between the school adjustment levels of boys and girls in the given sample.

Therefore, the null hypothesis, which states that there is no significant difference between boys and girls in terms of school adjustment, cannot be rejected at the 0.05 significance level. The results suggest that, based on this sample, boys and girls have similar levels of school adjustment in Bhavnagar city.

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Conflict of Interest

The author declared no conflict of interest.

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